### MAKING UP FACES

Annie Edgar Thomas Talks **About Complexions.** 

MASSAGE IS VERY BENEFICIAL

It Staves Off the Wrinkles and Keeps Up a Good Color-How Patti Greens Herself.



As in the case of the body, usercise and food are the basis of factal development. Late day skin doctors work from the inside out to make a healthy complexion. A child shakes a lot of out flowers over a garden bed and is delighted with the prospect. The farmer tills the soil, weeds it, feeds it, studies its lack and gives what it needs, then sows the seeds which grow and multiply to make a beautiful farm.

Have you ever noticed women who

multiply to make a beautiful farm.

Have you ever noticed women who were much prettier when seen close by than when seen across the room, and were younger looking in broad sunlight than in a gaslit room? This peculiarity you never find in children or girls up to sighteen or twenty years of age. It is because the tenture and color of the akin have been cared for to the migliest of the foundation—the fiesh, muscle and tissue of the face.

of the foundation—the flesh, muscle and tissue of the face.

All have noticed the difference between the arm of the athlete and that of the man or woman who leads a perfect muscleless life. Practice hallet dancing a year and behold the growth in the size of the calf of the leg. To come nearer home, lay your arm on the deak in the attitude of writing. Place your fingers upon the forearm and feel the motion of the muscles as the fingers whose. You would scarcely believe that anything so gentle could be exercise, yet by actual measurement the right forearm of writers is a couple of inches larger than the left. Even below the elbow a slight enlargement is percepti-ble, and dressmakers are obliged to al-low for this in the dresses of most wom-

Under the skin is a network of musries and tissues which may be so plumped out by exercise as to form a round, firm bed upon which the skin stretched evenly must look smooth, and so long as the exercise is kept up wrinkles, which indicate caving in or relaxa-tion of the muscles, cannot occur.

Facial massage is the exercise of the muscles of the face by manipulation. Enough cannot be said to encourage women in this practice of keeping themselves young looking forever. Wonders may be worked by it. The more it is ione the quicker and greater the improvement. Little and often is better than the reverse. Fifteen minutes three times a day is better than forty-five minutes at one sitting. Sit in a strong light. Work systematically. Persist-

First moisten the skin with a little pure cream properly prepared by some reliable chemist or specialist, or, in its absence, almond meal, or oil, coccanut ofter, hazelant oil, or mutton tallow. Rub it well in with finger tips till the skin is quite pliable. Then commence with that disfiguring line between the erra which adds five years to your looks. Squeeze, pinch and twist the flesh—not the skin-between the finger and thumb, gently stretching the flesh apart between two thumbs. Thence to the corners of the eyes, which treat in a similar manner, then under the eyes-not in the hollow directly under the eye, but the little cushion of flesh below that-with a view of increasing the size of the muscles so that they shall stretch up into the hollow and fill it out. Catch the cushion tightly botween the finger and thumb of both hands and stretch it apart—every time a muscle is stretched it grows.

Also smile hard, and pressing the raised cushion with the finger tips so stretch the muscles till they are tired, also rub the cushion from the nose outward. Thence to the line about the corner of the mouth. Shut the teeth hard. press the thumbs upon the raised bunch in the center of the cheek, pushing the muscle over to fill the space. Hold the tongue firmly under the line and from it out with the ball of the hand. Double up the flesh between the fingers and rub the line out with the fingers; also pass the thumb inside the mouth and rub the flesh gently between finger and thumb. Stretch, twist and pinch the middle cheek till the flesh feels tired.

cheek till the flesh feels tired.

The massage under the chin is the most difficult part, and to be preperly done requires that a second person should stand behind, and with the head pressed against the breast sweep the palms of the hand vigorously apart from the throat. This prevents either wrinkles or flabbiness of the lower jaw. Every trace of "chin flap" may be removed by twisting on either side of the losse skin and brushing the latter lengthwise. Wherever a line is seen double it up and iron it out as a crease in satin. Make all rubbing motions toward the ear outward. Counting is a valuable aid to the mechanical exercise; 13 twists, 15 stretches, 100 motions under the eyes, etc. dor the eyes, etc.

Massage has passed into the articles of Patti's creed. "Whenever I see a tiny Patti's creed. "Whenever I see a tiny line appear I do not sleep till it is removed," she says. "I find the squeezing around the corners of the eyes a certain preventive of crows feet. We have succeeded in working out five deeply set lines which I had supposed were permanent."

Without regularity and persistence re practice, is but waste of time.
FARSTE EDGAR THOMAS.

THE POLITE TRAINMAN.

se of New York Life Ille

He-came rushing up the stairs to the plerated station, bought a ticket, dropped a in the bex as he ran and pulled himself up with a jerk at the car platform.

This train go to Franklin square he

"Nop," answered the trainmen, slam-

Then the man in a horry walked no and down the platform nervously and plane. House, so the front car, but at

There was desperation in the manner of the stranger after the third train had gone. He looked around him carefully, walked quickly back and forth, turning sharply and taking short, savage steps. Before the fourth train reached the station he went up to the ticket "chopper" and said years respectfully.

ad said very respectfully:
"Does the next train step at Franklin

square."
"Nop," said the chopper, prying in the glass box with a wire and then chopping viciously.

"Does the next train after the one com-

ing step at Franklin square?"
"Nop," answered the official, putting on his gloves, which he had taken off to handle the wire, and carefully examin-ing a little rip in one of the fingers. "The next one after that?"

"Nop."
"Will you kindly tell me," said the passenger meehly, "when a Franklin mill come?" "There ain't no Franklin square trains

on this nide. "None at all?"

"Nop."
"But I thought"—
"Nop. This is the Sixth avenue line.
You want to walk over to Third avenue." "Couldn't you have told me that be-fore?" asked the stranger, with a faint smile of wonder.

"Why not? mildly.
"Cause you didn't ask me," and the stranger went down the stairs very softly, as if he were afraid of disturbing a sleeping lion .- New York Tribune.

METHODS OF FOOTPADS.

They Usually Work Together in Com-

"In former days the tool of a high-wayman consisted of an ordinary sand-bag or billy," said Chief of Detectives Desmond, in the St. Louis Globe-Demo-crat. "Armed with this weapon the footpad would lay in wait in some dark alley, pick out a belated traveler, and atley, pick out a belated traveler, and as he came by step noiselessly up behind him. A sharp blow on the head settled matters, and the robber would search his victim at his leisure. The sandbag was too unhandy to carry, and it often led to the capture of dangerous criminals.

"Nowadays footpads travel by threes. They will walk up the street together, and a victim is selected as he comes along. The gurroters will walk in front of him until a dark corner is reached, and then purposely make room for him to pass. The pedestrian will in nine cases out of ten take the bait and attempt to hurry by. As he does so the smallest of the three will throw his arms around the victim's throat and force him backwards. A second man will deliver a quick blow in the stomach, which settles the trav-cler, and the third man does the searching. So quickly is the work done that the victim seldom gets time to get a description of his assailants."

UNREQUITED AFFECTION. The Unromantic Culmination of a One Sided Love Story.

They are telling a story on a young man in Detroit, which somehow has only recently got into the current gos-

It appears that during the past summer he put in a month at a lake resort in the northwest, and there fell in love with a girl who didn't believe in reciprocity worth a cent. His persistence, however, was in no wise abated by a little thing like that, adds the Free Press. One day the girl fell off the dock into the lake, and the young man, being somewhat of an athlete and a

swimmer, jumped in and rescued her without much difficulty.

"Now," he said, as she stood dripping on the dock, "I have saved your life and you must marry me."
"Marry you?" she repeated, in bewilderment. "Must I?"

"It's as little as you could do," he whispered, putting out his hands to her. She gave him one look as he stood there all draggled and sloppy and with a smothered shrick she plunged into the flood once more.

The next time she was rescued by a boy in a boat, and the young man was so mad he sent a bill to her father for a new suit of clothes.

A Tip for Anglers.

An angler can by carrying a little bran with him keep his fish quite fresh in appearance in any creel by simply sprinkling enough of it to adhere all over them when first caught. It is surprising how fresh a trout looks when the bran is washed off even after three or four days, and it is therefore one of the very best ways of packing fish to send a distance.

25c. for a box of Beecham's Pills worth a guinea.



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Gibson, Steuben Co., N. Y."

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UIDEC COKES

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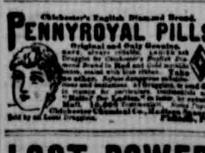
We have undoubted proof that from three to six bottles used internally and by outward application (diluted if the skin is broken) to the affected parts, will effect a cure. The great mission of B. B. B. is to regulate the liver, lidneys, bowels and blood, to correct acidity and wrong action of the stomach, and to open the sluice ways of the system to carry off all clogged and impure secretions, allowing nature thus to aid recovery and remove without fail

Liver complaint, biliousness, dyspepsia, sick headache, dropsy, rheumatism, and every species of disease arising from disordeted liver, kidneys, stomach, bowels and blood. We guarantee every bottle of B. B. B. Should any person be dissattafied after using the first bottle, we will refund the money on application personally or by letter. We will also be glad to send testimonials and information proving the effects of B. B. B. in the above named diseases, on application to FOSTER, MILBURN & CO., Buffalo, N. Y.

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